

Plexus Ease®

Ease away discomfort, enjoy life*

Plexus Ease capsules are designed to soothe away the occasional discomforts that result from your active lifestyle. With the specially formulated ingredients in Ease, you will notice your discomforts easing away.*

NUTRITION

Is discomfort slowing you down?

Staying active is one of the best parts of your new healthy lifestyle. That's because nothing beats the feeling that comes when you're moving and grooving toward your health goals. Still, muscle soreness and other discomforts can hinder that skip in your step. Plexus Ease is here to help alleviate occasional discomfort so you can stay on track!*

With a formula that features New Zealand Green Lipped Mussel Powder, Ease supports your body with naturally powerful compounds to ease discomfort due to over-exertion and fatigue. Ease also includes high quality enzymes, such as Bromelain and Serrapeptase. You'll also benefit from the powerful antioxidants found in Turmeric. With ingredients this great, you'll be feeling fantastic as you dance to the beat of your own drum!*

Ease's Primary Benefits

- Eases occasional discomfort due to over-exertion and fatigue*
- Provides comprehensive "inside-out" relief when combined with Ease Cream*

Ease's Advantage

- Provides a highly concentrated extract of New Zealand Green Lipped Mussel
- Gluten Free

Who should use this product?

Ease is specially made for anyone who may be experiencing occasional discomforts that result from an active lifestyle. Add Ease to your regular health and happiness routine to alleviate the discomforts that are holding you back, and to help improve your overall well-being.*

Did you know?

Muscle soreness is most intense one to three days after you've exercised. Supporting your body can help you bounce back after a tough workout by soothing away this discomfort.*

Sources:

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873794/>

Frequently Asked Questions

Can I take Plexus Ease® with other Plexus® products?

Ease is a great addition to a Plexus regimen including Plexus Ease Cream. The combining effects of these products are very beneficial to your overall health and provide you with inside-out relief.*

Can I take Ease if I am pregnant, nursing, or have an existing medical condition?

As with any supplement, we recommend speaking to your physician before starting any new supplement. They will be the best resource to answer these types of questions.

Can Ease be used by children under the age of 18?

Ease is not recommended for use by children under 18 because the product was formulated to meet the needs of adults.

Is there caffeine or any other stimulants in Ease?

No.

Ingredient Glossary

New Zealand Green Lipped Mussel Powder

Derived from a species of mussel with their notable iridescent green shell color, the powder is rich in polyunsaturated fats. The powder contains a large variety of fatty acids.

Bromelain

A family of protease enzymes naturally abundant in the pineapple plant. Bromelain was used in traditional medicine and contributes to the easing of discomforts.*

Serrapeptase

Serrapeptase is a protease enzyme that helps to break down proteins. The same enzyme is used by silkworms to help break down their cocoon when it is time to emerge as a butterfly.*

Turmeric (Rhizome) Extract (from *Curcuma longa*)

A member of the ginger family known for its brilliant orange color and distinct taste. Health benefits associated with turmeric are primarily attributed to its abundance of curcumin, a powerful antioxidant, which is also responsible for its orange/yellow hue.*

Carriers and Non-Actives:

Hypromellose (vegetarian capsule)

The capsule shell is made from Hypromellose, derived from pine trees. This capsule shell is non-GMO and vegan.

Magnesium stearate

Magnesium associated form of the fatty acid stearic acid. Used in small amounts to aid in the flow of ingredients during encapsulation.

Titanium dioxide

Titanium dioxide is a naturally occurring mineral that is mined from the earth, processed and refined, and added to a variety of foods, as well as other consumer products. White in color, it is used to add pigment to the Plexus Ease® capsule.

Suggested Use: Adults take 1 to 3 capsules as needed.

Supplement Facts		
Serving Size 1 Capsule		
Servings Per Container 60		
	Amount Per Serving	% DV
Proprietary Blend	600 mg	†
[Green lipped mussel powder ^A , bromelain, serrapeptase, turmeric rhizome extract]		
†Daily Value (DV) not established.		

Other Ingredients: Hypromellose (vegetarian capsule), magnesium stearate, and titanium dioxide.

^AAs ETARol™ (New Zealand green lipped mussel powder), a registered trademark of Clinical Study Applications, Inc.

NOTE: Do not exceed suggested daily serving. Not recommended for use by individuals under 18. As with any dietary supplement, consult your physician prior to use if you are pregnant, nursing, have or suspect a medical condition, or are taking medication. Do not use if inner safety seal under the cap is broken or missing. **Keep out of reach of children. Use only as directed.** Store in a cool, dry place.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.